

WEEK 4: The Eucharist and History**Day 22: Difficult Teaching** (pgs. 141- 147)

How have people been trying to combine Christianity and life? Believing that if you are a Christian, your life will be easy

What are the two most controversial and divisive teachings of Jesus? He would rebuild the destroyed Temple in 3 days, and He was the Bread of Life, ...eat My body, drink My blood...

What were three main reactions to these teachings? (pgs. 141 – 143), 1). How can this **MAN** give us His flesh to eat (they only saw Him as a man), 2). They did not want to live or understand or listen to what He was saying (Poverty of mind and spirit), 3). They abandoned Jesus

What is one of the greatest spiritual quest of life? To seek to understand what we hunger for

How does GOD help us in our quest, our hunger? He uses that *hunger for spiritual awareness* to teach us and guide us

How does our physical hunger differ from our spiritual hunger? Physical hunger is never satisfied. Spiritual hunger can (John 6:35): *I am the bread of life; he who comes to me shall not hunger and he who believes in me shall never thirst...*

What is the beauty and the power of the Eucharist? It is a life changing truth: **GOD wants to feed your soul. He wants to feed you perfectly with Himself.**

How? (Answers will vary): *Greater purpose in your life? Rest? Clarity? Inspiration? Joy? Hope? Peace?*

LESSON: *Only GOD can satisfy your endless longing.*

VIRTUE: *Courage: Moral strength in the face of danger or difficulty especially in our faith*

PRAYER: *Dear Jesus, please fill me with the grace, wisdom, and courage to always do Your will.*

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Day 23: The LAST SUPPER (pgs.149 - 153)

“Our resistance to the Eucharist is staggering! If you remove it from human history, EVERYTHING changes!”

How does the author relate our fallen human nature with our resistance to the Eucharist?

We are obstinate, *stubbornly refusing* to believe (Like a child refusing medicine.)

What would you consider the most significant moment in history?

Answers will vary; **LEARNING POINT:** Few will list the Last Supper as one of them

What did St John Vianney observe about the Eucharist?

“There is nothing so great as the Eucharist. If GOD had something more precious, He would have given it to us.”

If you knew you had only one night left to live, what would you do tonight?

(Answers will vary) Spend every possible moment with the people you love and let them know *how much* you love them; get spiritual affairs in order **LEARNING POINT:** Reality of death clarifies our priorities

What did Jesus do on His final night? (Answers will vary) Gospels are aligned on this He gathered His closest friends and clearly told them what would happen and what He was giving them; not a *symbol* but a *sacred meal* of His body and blood with instructions (and authority) to do the same.

What should you do next time you go to Mass? ALLOW yourself to be in the presence of GOD; QUIET your mind. IMAGINE yourself close to Jesus at the Last Supper. BE present in the moment!

LESSON: *Eucharist changed EVERYTHING! And continues to change everything! IDENTIFY your spiritual needs and humbly ask GOD to satisfy them each time you receive the Eucharist.*

VIRTUE: *Gratitude: A way to recognize the good that is already yours*

PRAYER: *My Lord and my GOD, draw me close to You, nearer than ever before. Amen.*

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Day 24: *The Early Christians* (pgs.153 – 160)***What is a difference between first Christians and today's Christians?***

For first Christians, Christianity was a *LIFESTYLE*; their faith was the center of their lives and the GOSPEL and HOLY SPIRIT guided them through everything they did; **the EUCHARIST was celebrated together and was the pinnacle of their lives.** However... there was conflict (ACTS 6:1, ACTS 15:1-21, Galatians 1:11-14). They were not *perfect...but lived rigorously to seek the best way to live a Christian life.*

How is modern day life different?

Living the Gospel is difficult; never a time when Church was perfect society Jesus calls for us to be. When members are self-destructive, Church becomes a lesser-version-of-herself. NOTE: Church needs less of *our* ideas and more guidance from Jesus. Successes of early Church were results of faithfulness to Jesus and inspiration of Holy Spirit; failures were result of rejecting Jesus – nothing has changed

LESSON: *Humanity is in desperate need of GOD; the Church is in desperate need of renewal; we must abandon illusion of control and surrender our hearts to Jesus*

VIRTUE: *Faithfulness: Unfailing loyalty, reliability and trustworthiness*

PRAYER: *Dear Jesus, I invite you to come and dwell in my heart*

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Day 25: *EUCHARISTIC MIRACLES* (pgs. 157 - 160)***What happened in 700 AD in Lanciano, Italy?***

A priest who doubted the *Real Presence* experienced bread and wine change into Body/ Blood of Christ.

Was this true flesh and blood? Yes, as studied by many scientist: 1) Real human flesh, 2) Real human blood, 3) Blood is type AB (Universal blood type and same as other *approved* Eucharistic miracles)

What is a graced moment? When one feels fully aware and completely certain that the bread and wine is really Jesus.

Who was St Catherine of Siena (1347-1380)? She was sustained for seven years of her life receiving only the Eucharist and water.

Describe other Eucharistic Miracles. April 28, 2001 in Chirattakonam, India (red stains on consecrated host became face of Jesus); Oct 26, 2006 in Tixtla, Mexico, consecrated host released red substance verified as type AB human blood.

How do these miracles and others help us understand the Eucharistic better? They open our minds to the miracle of Jesus' presence all around us and in every moment of our lives

LESSON: *Great faith and great doubt often go hand in hand. Ask Jesus to strengthen us in the Eucharist.*

VIRTUE: *Awe: Profound respect and reference for the source of all life!*

PRAYER: *Dear Jesus, take the blindness from my eyes, the deafness from my ears, the darkness from my mind, and the hardness from my heart.*

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Day 26: *YOUR FIRST COMMUNION* (pgs.161 - 164)

What happens when we receive Eucharistic for first time? We participate in 2,000 yr history of Eucharistic glory, an encounter with the Alpha and the Omega

What is one of the greatest temptations of receiving the Eucharist? Treating Eucharist as a routine rather than the most important part of your day/week

How to prepare to receive the Eucharist: 1. Pray Spiritual Communion, 2. Reflect on daily/weekly Gospels, 3. Fasting (helps soul to remain aware of the great gift, 4. Arrive early to quiet your heart/mind before Mass **NOTE:** Preparation builds anticipation.

LESSON: *Harness the power of anticipation by preparing for Mass*

VIRTUE: *HOPE: Combination of desiring eternal life and expecting it; one of three Theological Virtues; leads us back to GOD*

PRAYER: *Dear Jesus, increase my hope.*

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Day 27: OUR LADY OF FATIMA (pgs. 165 - 171)

Why did Mary appear to the children of Fatima? To warn them that more terrible things would happen if humanity did not change; to call the world to conversion and penance

Who were the names of the three children Mary spoke with at Fatima? Lucia (ten), Francisco (nine), and Jacinta (seven)

What were the four last things Mary spoke about to the children? Heaven, Hell, Death and Judgement

What were the two paths Mary spoke about to the children? Salvation or destruction

What is the timeframe that Mary spoke to the children? May 13, 1917 – October 13, 1917

What else did Mary speak about to the children? Sin, sacrifice, call to pray the rosary and **Eucharistic Consecration and respect**

QUESTION: How well do you receive the Eucharist?

LESSON: *Commit yourself not just to receiving Jesus in the Eucharist frequently but receiving Him well.*

VIRTUE: *Fortitude: A moral virtue that ensures firmness in the face of difficulties and obstacles, and constancy in the pursuit of holiness...**Deep, still waters in the soul are the gifts of Fortitude.***

PRAYER: *Dear Jesus, I desire to continue to seek the calmness of the soul to stay focused on what is important in my life.*

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Day 28: UNTIL the END of the WORLD (pgs. 173 - 177)

What does the author feel is the single most beautiful reason so many people are drawn to Notre-Dame Cathedral in France? Faith.

Why have Catholics built so many beautiful churches? Because Jesus is truly present in the Eucharist.

What emotion might you experience as you stand inside the sanctuary of these churches? A sense of the sacred and the awe it inspires.

What promise did Jesus give to us before He ascended into Heaven? "I am with you always, to the end of the age." (Matthew 28:20)

How does Jesus fulfill His promise to us? He fulfills His promise through the Eucharist.

What happens when we accept and believe in the Eucharist? Everything changes!

LESSON: *Be mindful of Jesus' presence as you move about the world*

VIRTUE: *Sincerity: Keep your promises. If you say you will do something, do it.*

PRAYER: *Dear Jesus, help me to be free from presence, deceit, hypocrisy by governing our words and actions with truth and justice.*

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